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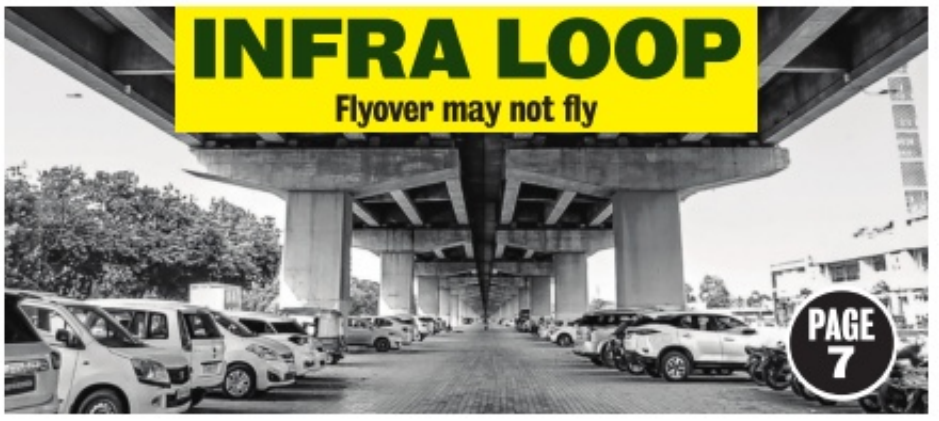
Bangalore Mirror

TEMP Max 30 | Min 18 | Humidity 29% Clear with periodic clouds Sensex 57,555 | Nifty 16,972 | Gold 58,325 | Silver 68,378 | Dollar 82.73 | Euro 87.32 | GBP 100.02

BAD MOVES
Violations ailing traffic

PAGE 3



INFRA LOOP
Flyover may not fly

PAGE 7

Awaiting residential quarters promised 4 years ago, community now fears further delay in completion of dwellings if poll code announced

HUNG OUT TO DRY

Families vacated old dwellings, reside in rented houses

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

While most people in Bengaluru want the authorities to conduct the elections to the state assembly and the Bruhat Bengaluru Mahanagara Palike sooner, around 120 families of Madivala (washerfolk) community want the postponement of polls.

Their worry is about a further delay in completing the construction of their residential quarters if the code of conduct comes into effect.

The Karnataka Slum Development Board (KSDB) had promised them residential quarters four years ago. They suspect the KSDB delays the construction of residential quarters on the pretext of the elections to the state assembly.

"We are not sure whether we will get the much-needed and delayed shelter that was promised more than four years ago. Around 120 families, most of them belonging to Madivala community, used to reside here. We were very happy when the

KSDB authorities told us that we would get new residential quarters in 18 months but we have been

CONTINUED ON PAGE 8 »

Incomplete residential quarters; One of the 12 blocks ready for inauguration and (inset) temporary sheds for the community

"There is a delay in releasing funds for the construction of residential quarters by KSDB. As of now, 12 units are ready for beneficiaries

— Uday B Garudachar, MLA, Chickpet

Stand up for future voters

Consortium lists demands for child rights to be included in election manifestos of political outfits

| Saumyangi Yadav
c-saumyangi.yadav@timesgroup.com
TWEETS @BangaloreMIRROR

Ahead of the Karnataka Legislative Assembly elections 2023, the Karnataka Child Rights Observatory (KCRO) has submitted a list of demands for child rights to various political parties to be included in their election manifesto.

"Mostly, the political parties exclude children out of their manifestos as they are not voters. Even when child-related issues are included, it is mostly limited to education or health, and other areas like their right to participation and protection is ignored," Nagasimha G Rao, director, Child Rights Trust (CRT) told Bangalore Mirror.

KCRO, which was initiated by Child Rights Trust in 2008, is an advocacy forum for the advancement of child rights in Karnataka and is run by a consortium of NGOs, academics, and individuals working in the field.

Campaign Against Child Labour - Karnataka (CACL-K), KCRO, National Alliance for the Fundamental Right to Education (NAFRE) and several other groups jointly developed the list of demands through a consultative process.

"The demands have been created on the basis of the children's right to life, right to participation, right to protection, and right to development. We want the government in power to focus on Infant mortality rate and maternal mortality rate and

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Pariah Kite

Indiranagar SOCIAL will collaborating with The Pariah Kite for an electrifying evening of music. The talented band will be performing their anticipated EP, ZARD, along with a selection of their unreleased originals and cover songs that are sure to get the crowd pumped up. The night promises to be a vibrant mix of pop, indie, and rock music that will take the audience on a journey of musical discovery. So come and join them for an unforgettable night of music!
Where: Indiranagar Social
When: March 18, 7pm

02 Quiz time

Quiz Mania at Urban Solace is a brand-new experience designed to stimulate the minds of citizens in a fun and unique manner. The quiz master is Darshan, a Bengalurean who put the city on the nation's quiz map after being a finalist in Kaun Banega Crorepati in 2001. He started several quiz clubs and conducted several quiz competitions in leading schools and colleges in the city building a culture for quizzing with our youth.

Where: Urban Solace, Annaswamy Mudaliar Road
When: March 19, 7-9pm
Contact: 9845013055, 9945022177

03 Art x sustainability

Art Commune Bengaluru, are a team who work with the vision to empower every individual to live creatively. Focusing on Visual arts, Chaithanya is a Chitrakala Parishath-certified artist and also has done her apprenticeship under Expressions Fine Arts, and works with various mediums of painting like acrylic, oil, charcoal, water, pastels, mixed media etc.
Where: Bangalore Creative Circus
When: March 19, 11am - 1:30pm
Info: 6364010261

Something ailing you? It's probably the flu

A sizable chunk of people are suffering from Influenza A say doctors; elderly, children, co-morbid at risk

Bangalore Mirror Bureau
mybangaloremirror@timesgroup.com
TWEETS @BangaloreMirror

Over the last few weeks, Bengaluru has been witnessing a considerable rise in influenza infections among patients who are walking in with flu-like symptoms. According to data by private hospitals with laboratory facilities in the city, more than 20 per cent of such patients are suffering from influenza A infection.

According to Dr Chinnadurai R, Aster RV Hospital, in February, while a total of 53 patients with flu-like symptoms were tested, 12 cases were detected with Influenza A (22 per cent).

"Six of the 12 patients were children, and the rest were adults above 60 years of age. As of now, we are categorising all cases as influenza. According to the current data, children and the aged with comorbidities are most commonly affected than the normal population. Also, the severity of the implication is more in children and aged," said Dr Chinnadurai.

> **"The numbers have gone up in past few weeks and the cases are more severe than usual**
> –Dr Neha Mishra, Manipal Hospital

According to yet another private city hospital, the positivity rate of influenza A and H3N2 is hovering around 20per cent currently.

"We have seen a rise in several cases of influenza in the past few weeks. The numbers have gone up and the cases have been having more severe symptoms than usual. For H3N2, we have recorded a positivity rate of 16.7 per cent in February and 12.3 per cent in March so far at our centre. It is mostly the elderly individuals or people with underlying comorbidities that are getting infected and landing at hospitals with severe symptoms," said Dr Neha Mishra, Manipal Hospital.

While hospitals are conducting RT-PCR tests to zero in on influenza and H3N2 cases, patients are mostly walking in with symptoms like cold cough, vomiting, fever, stuffy nose, throat pain, and diarrhea.

"We do a PCR test which picks up the gene of these viruses. It is done on a swab sample from the nose and throat area. The symptoms are usually the runny nose, sore throat, fever, body aches, etc and it may be difficult to differentiate it based on only symptoms, serious disease is seen in people having underlying comorbidities," said a representative of another private hospital in the city.

Doctors say while influenza vaccines have been available for the longest of times and are useful in reducing disease severity, the protection from the current strain is not certain.

"Although there is no reason to worry, people must practice preventive measures such as wearing masks and maintaining hand hygiene. Good respiratory hygiene and cough etiquette should be maintained too," said Chinnadurai.

An all-rounder on the field and beyond

Iffath Fathima
iffath.fathima@timesgroup.com
TWEETS @BangaloreMirror

Prerana Sravan Kumar (in picture) is not your everyday 16-year-old. The sprightly Bengaluru girl has made India proud at the international stage by winning a medal in the coveted Hong Kong Asian Youth Triathlon Championship.

The talented athlete first stole the limelight winning the gold in the BMF Triathlon Sprint Distance Triathlon in 2021 before she made the big splash next year, bagging the gold in the Kolhapur Bergman Sprint Distance Triathlon event in open category. The Karnataka star who has won gold twice is also a champion cyclist, and her moves have catapulted her into the elite list of Karnataka athletes making their mark in national and international athletics championships.

"I first made my mark in cycling and running before I took up swimming and after attaining the required level in swimming, I

started to parade my skills in the state Triathlon meets before I graduated to compete on the national circuit," said Prerana, adding that she trains with her father Sravan Kumar who is also an athlete.

Producing a series of medal winning efforts last year, Prerana won the 3000M gold and a silver in 1500M in the School Games Federation Of India (SGFI) regional athletic championship in September and two months later, she won the 1500 metre gold and a silver in 3000M in the SGFI National championship.

Spurred by the success, Prerana produced another top-draw effort in the National Circuit ITF ranking Triathlon event in Udaipur, finishing second in the junior category. Prerana's sublime effort was lauded by champions in athletic circles.

"Before my first international meet in Hong Kong, my swimming coaches Lokesh and Sharath at the Netkallappa Aquatic centre in Padmanabhanagar left no stone unturned in their effort to help me," said Prerana, pointing out that her school management have played a stellar role in her success story.

A student of Clarence Public School, JP Nagar, Prerana is good at her academics and her principal Nimmi George disclosed that she was one of the good students who perform creditably in academics and sports and this quality separates her from the rest.

Prerana made it clear that she will strive to maintain her winning streak this year. "I will keep performing at the highest level to log points and achieve ranking to gain passage to international events and that is the first goal," said Prerana.

THE ROAD DAREDEVILS

In just two months, traffic police register more than 12 lakh cases of traffic violations in city

Ahna Prakash
c-ahna.prakash
@timesgroup.com
TWEETS @BangaloreMIRROR

Maximum number of violations are of people riding without a helmet and parking in prohibited zones

In a span of two months, the traffic police have registered more than 12 lakh cases of traffic violations under the Motor Vehicle Act. According to the latest data by the traffic police, as of February 2023, the city has recorded 12,87,831 cases of traffic violations this year.

The maximum number of violations are of people riding without a helmet and wrong parking. There are 5,76,864 cases for riders not wearing helmets and 1,20,728 cases of pillion riders not wearing helmets.

The city also recorded 2,12,484 cases of wrong parking and 11,647 cases of footpath parking.

Along with that, as of February 2023, there are 913 cases of over speeding and 350 cases of reckless driving.

Jumping traffic signals contributed 1,61,352 cases in overall violations. Other violations like carrying excess passengers or triple riding might not add a large percentage to the violations yet the increasing number over the years is concerning.

There are 18,446 cases of triple riding, 1,31,996 cases of driving without a safety belt and 13,943 cases of using defective number plates.

When it comes to vehicles that were booked for traffic violations, two wheelers contributed to 73.95 per cent to the total violations in 2023. There are 6,29,442 cases registered against two wheelers. Followed by that are violations by Light Motor Vehicles (LMV), with 2,00,176 cases contributing to 23.5 percent in total cases. Also, the third highest violations were by buses which contributed to 1.41 per cent violations with 11,971 cases.

“ Authorities say there has been a high number of cases due to technology catching offenders more accurately

Sanjeev Dyamannanavar, transport expert, says that the traffic police should be focusing on enforcement and regulations.

“The data shows that traffic police are not focused on regulation but rather they would concentrate on catching people and taking fines. Fining people because they are not being careful is also a good thing, but what is happening is that there are rarely any police personnels on several junctions but you can spot them clicking pictures with their own mobile phones near schools or colleges of people not wearing helmets.

“The data shows that only 187 cases were registered for violating lane discipline but anyone who goes out in the city can spot that there are so many people on the road that violate lane discipline. But if there are no police personnel there to catch these people who are over speeding or are involved in road rage near the junction, then people continue to violate these rules,” he said.

Traffic police says that the use of cameras and technology is helping them catch offenders.

“There is an increase in violations as compared to earlier because there are cameras everywhere which are able to catch offenders. We are also creating awareness among traffic policemen as well as citizens about safe driving. In the future, almost all the cases will be registered on a contactless basis,” said a senior traffic police officer.

IN BRIEF

Board exam, but can’t fail anyone

Putting an end to the prevailing confusion over the public exam for the grade five and eight, the Karnataka High Court’s Division Bench on Wednesday permitted the government to conduct a public exam. However, the Court directed the government to ensure that no student fails in the exam and every student be promoted to the next class. The Court also asked the School Education department to draw up a fresh time table within 10 days.

An Education Department official said, “We will go ahead with the public exams as planned earlier. Once we get the results, we will be able to have strategise as to what are the shortcomings in certain schools and how we can improve.” However, drawing a new time table is set to be a challenging task as SSLC exams are also starting by month-end and officials have to draw the timetable in such a way that it doesn’t clash.

Welcoming the directive, Karnataka Associated Managements of English Medium Schools (KAMS) general secretary D Shashi Kumar said, “The directive is in the right direction. We always support exams for students as this will bring seriousness and meaning to the whole purpose of conducting exams.”

However, educationist VP Niranjan Aradhya said that the judgement may be a victory for the government but was a failure in the interest of students. **BMB**

Tot falls to death

A one-and-a-half-year-old child died after falling from a building at the 6th cross of Azad Nagar in Chamarajpet.

Diksha, the daughter of a man named Vinay, had come to a friend’s house when the accident took place. At the time, she climbed on the grills while playing. Later, she fell, and the parents immediately decided to take her to the hospital.

On her way to the hospital, she breathed her last. **BMB**

Caught at airport: Man with the golden slipper

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com
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A person was arrested at Bengaluru Airport for smuggling gold weighing 1.2 kg in a slipper.

According to the sources, on March 12, a passenger flying from Bangkok to Bengaluru was intercepted by Customs Air Intelligence officials on the flight. When he was asked about the purpose of his travel, he said that he was traveling for medical purposes.

The person failed to provide any medical records. Suspicious of this, the officials subjected him to a check-up. At this time, it was found that his shoes were made of pellets and embedded with gold bars. Officials have seized four gold bars in a pair of slippers.

Officials recovered a total of Rs 69.40 lakh from the person and about 1.2 kg gold of 24 carat purity value has been seized from the accused.

The customs officials were shocked and are now checking the slippers of passengers very carefully.

During a check-up, customs officials noticed that the man’s footwear was made of pellets and embedded with gold bars

CRIME FILES

Delivery boys make off with iPhones, smartwatch

Two delivery boys are absconding with six iPhones and a watch and a case has been registered with the Cyber Crime Station of the Central Division.

Arif, a businessman from Vijayanagar, complained about the theft. The delivery boys, identified as Arun and Nayan, have FIRs against them.

The complainant on March 5 had bought 6 iPhones and an Apple smartwatch. As he had to go somewhere else, he used an app to send the watch and iPhone to his store address in Vijayanagar.

The delivery boys who came to the place took the iPhone and watch and left but the itema were not delivered even after several hours. The mobile numbers of the delivery boys were also switched off. No information was available even when the man inquired from the company. After that, Arif lodged a complaint.

Love turns fatal

A man has been accused of killing his girlfriend in Wilson Garden police station limits. The incident happened on March 14.

Shalini, the young woman who was murdered, and the accused, Manoj, were in love. But Shalini’s family was trying to get her married to someone else. There was also a fight between the two over this issue. Manoj came to Shalini’s residence on March 14 in the evening. The two met when no one was at home. At this time, Manoj is said to have suffocated her with a pillow and killed her.

Suspicious about Shalini’s death, her family filed a complaint with the police. According to the police, during the medical examination, it has come to light that he suffocated her with a pillow after forcing her to have sex with him.

After the murder, Manoj went to his house and tried to kill himself. At present, Manoj’s family has admitted him to the hospital.

Halanayakanahalli road stays dusty, forgotten

Locals want it asphalted, say there is lack of coordination between agencies

Iffath Fathima
iffath.fathima
@timesgroup.com

TWEETS @BangaloreMirror

Over 5,000 residents living in Halanayakanahalli are facing immense difficulties due to the lack of basic amenities, particularly a proper road to commute on. The 1-km-long stretch is uneven and muddy, making it difficult for them to travel to and from their homes. Despite their demands for an asphalted road, the lack of coordination between different agencies has resulted in a prolonged delay, causing immense suffering.

The residents recalled having protested about the poor road conditions four years ago. That had resulted in the development of a drainage system and asphalt work. However, over time, the road deteriorated and Bangalore Water Supply Sewerage Board (BWSSB) began digging portions of it to lay an underground pipeline. Unfortunately, the road work progressed at a slow pace and even came to a halt, leaving residents stranded with no smooth road to commute on.

One of the residents, Rajesh Mohan, stated that the BWSSB had halted work claiming that there were underground gas pipelines that needed to be shifted before they could proceed. "Despite waiting for an extended period for the work to resume, no progress was made until a member of Halanayakanahalli Rising contacted GAIL officials. They said that they had not received any notice to shift the pipeline. After raising the issue with BWSSB again, they finally agreed to start the work. However, they refused to asphalt the portion where the work was completed until the entire road work was finished," he said.

This 1-km-long stretch, often muddy, is used by hundreds of residents living in apartment complexes

> **"Despite waiting for an extended period for the work to resume, no progress was made until a member of Halanayakanahalli Rising contacted GAIL officials** – Rajesh Mohan, resident

The stretch is used by hundreds of residents living in apartment complexes. It also leads to Halanayakanahalli Lake and Electronic City. Although there are alternative routes available, this is the primary road for these residents.

Arif, another resident, expressed his concerns about the recently laid footpaths being dug up and left in shambles with no indication of being fixed.

This, he said, leaves the elderly and children at risk of health issues due to the dusty layout.

Neighbours question crumbling city infra

Sridhar.Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

Brand Bengaluru has taken a severe beating due to its crumbling infrastructure. Even MPs from neighbouring states are pointing fingers at the city's infrastructure in the Lok Sabha, especially in light of last year's flooding.

During Monday's session, Bhuvanagiri MP Komatireddy Venkat Reddy, Mahboob Nagar MLA Manne Srinivas Reddy (both from Telangana), and Kadapa MP YS Avinash Reddy asked the Centre whether it has urged legislators and policy experts to ensure that environment impact assessment (EIA) studies are conducted before giving the green signal for urban development projects in the country. Haphazard urban development has ruined the 'garden city' of Bengaluru during the major spell of rain in September 2022, they said.

Bengalureans also agree that it is high time governments prioritise the city's infrastructure to fix the mess.

"Earlier, Bengaluru was an example across the country for being the most progressive city. But over the years, the city's infrastructure has become a talking point, especially when neighbouring cities are trying to woo investors stating that they are better than Bengaluru," said Anand R, a college student.

File photo of water logging in Sai Layout in August 2019 during the urban deluge

The recent query by Telangana and AP MPs are proof of how the city is making news across the country for the wrong reasons, he added.

Further, city dwellers said that Bengaluru's exponential growth has been 'haphazard' due to lakes and rajakaluves being encroached.

"This was once known as the city of lakes, but now, ministers are talking about 'dead lakes'. Last year's urban floods were clearly a classic case of unplanned growth and encroachment. I hope the authorities wake up now and restore the pride of Namma Bengaluru," said Devika Nandan, a techie.

However, Union Minister of State for Environment, Forest and Climate Change Ashwini Kumar Choubey stated that his ministry had prescribed EIA studies for urban development projects as per the EIA notification (2006).

"This notification covers 38 projects, including different types of infrastructure projects such as airports, ports, highways, buildings, and construction projects. All such projects shall require prior environmental clearance from the concerned regulatory authority and the State Environment Impact Assessment Authority (SEIAA). They need recommendations from the Expert Appraisal Committee (EAC) and State Environment Appraisal Committee (SEAC)," he said.

As far as Bengaluru is concerned, SEIAA Karnataka is the regulatory authority for granting environmental clearance to all projects in the state. SEAC Karnataka appraises the projects based on EIA/Environment Management Plan studies carried out, he added.

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Debris-ridden
Anand Nagar

This area in Anand Nagar, MSH Layout, 2nd main, 2nd Cross is full of debris.

Garbage burning
Hoysalanagar

People dump garbage in vacant sites and miscreants set fire to it beside Ayurvaid Hospital, Hoysalanagar main road.

Secure the boards
Mysuru Road

Electrical boards are not secured properly in the Mysuru Road metro station area towards Deepanjali Nagar.

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Proposed strike creates power struggle in state

Small, medium scale industries do not want KPTCL, ESCOMs to strike, fearing power supply disruptions

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

Small and medium scale industrialists have expressed concern over the proposed strike by employees of Karnataka Power Transmission Corporation Limited (KPTCL) and electricity supply companies (ESCOMs). Around 60,000 KPTCL employees and five ESCOMs have announced an indefinite strike from Thursday. Wage revision is their main demand.

The Federation of Karnataka Chambers of Commerce and Industries (FKCCI) has expressed concern over the proposed strike.

"The strike will affect the small and medium scale industries dependent on power supplied through the power grid. It will affect production of goods. It will also impact the common man, business, and trade," said FKCCI president BV Gopal Reddy.

Reddy said that although the KPTCL Employees Association has assured that there would be no disruption in power supply, there will be no one attending complaints from consumers. "I want the strikers to resolve the wage revision issue by holding talks with the state government in the interest of consumers and small/medium scale industries. The strike may convey a wrong message to investors looking at Karnataka," he said.

Employees of KPTCL and ESCOMs have announced strike from Thursday

Karnataka Small Scale Industries Association president KN Narasimha Murthy said that the proposed strike would affect productivity. "Many small and medium scale industries have a production target they have to meet by the end of March. Any disruption in power supply will make it tough for them to reach that target," he said.

He appealed to the state government to hold talks with the strikers.

"We are already reeling under the impact of the Ukraine war, supply-side disruptions, after-effects of the pandemic, high domestic inflation, and global recessionary conditions. We cannot afford continuous power outages and lack of public transport. Thousands of workers rely on public transport to go to work. The factories would also have to shut down if there is no power," he added.

No load-shedding

Keeping the interest of students and farmers in mind, the five electricity ESCOMs will ensure that there is no load-shedding for the next three months.

This decision was taken on Monday in a meeting headed by BESCOM MD Mahantesh Bilagi, who is also the power trading committee chairman for all ESCOMs.

SEASON OF STRIKES

Managing directors of all ESCOMs attended the meeting.

"Power demand is very high during summer since SSLC and PUC exams have started. Farmers have also requested the government to supply uninterrupted power during summer. Thus, a decision has been taken to ensure uninterrupted power supply for the next three months," said Bilagi.

He further said that ESCOMs have conducted a scientific study on power requirements for the next three months. "According to this study, the energy department made sure of the availability power and directed KPTCL and ESCOMs to have constraint-free transmission and distribution networks in their jurisdiction," he informed.

KSRTC staff threaten to strike

Even before the Basavaraj Bommai-led government could go to the polls, it is facing tests from different quarters, and the latest is in the form of protest call by the KSRTC associations. The associations have threatened to go on strike from March 21 and disrupt bus services.

HV Ananth Subbarao, state president, KSRTC Staff and Workers Federation said, "The wage revision is pending from January 1, 2020. Since then we have been asking the government to revise the wages by 25 per cent. However, the government is delaying the process. Hence, we have called for a strike and won't budge till the demands are sorted out."

However, Transport Minister B Sriramulu said that he was confident of preventing a strike as he has been holding talks with the association members and is confident of breaking the stalemate. It may be recalled that the government had faced embarrassment recently when the Karnataka State Government Employees' Association went on a strike though luckily it was resolved within a day.

'Plan of action for children'

CONTINUED FROM PAGE 1

issues related to screen addiction in children, lack of counsellors in school, etc," Rao noted.

In the demand letter, one of the major points was that a 'Karnataka State Plan of Action for Children (SPAC) be prepared by the government keeping in mind all the children below 18 years of age, in accordance with the UN CRC, SDGs, and Human Development Indicators (HDI). Moreover, they have urged that the SPAC implementation be coordinated by all the departments and that the same be reviewed from time to time.

The demand letter mentioned that the state of child rights in Karnataka has been inadequate and necessary measures should be taken.

"...the indicators of child health and mortality, indicators of malnutrition and maternal health, indicators of education, indicators of protection are taken in the context of achieving the UN Sustainable Development Goals, there are a lot of factors that the state government needs to urgently address and achieve," the document read.

The organisation also demanded that a monthly sponsorship scheme for comprehensive development (health, protection, and education) of economically backward Scheduled Caste and Scheduled Tribes and backward communities, and distressed single parents and orphans be created with sufficient allocation of funds for the same.

Additionally, a separate Rural Child Policy should be issued taking into consideration climate change, alongside economic, social, and political changes to address the issues of forced migration, and instability in the lives of rural children.

The organisation has also demanded 15% allocation in the state budget for child health care and 100% ensured registration of childbirth and death at each gram panchayat level. They also demanded the government to cover the entire cost of treatment for children suffering from hereditary and rare diseases irrespective of their financial status.

Among several other important demands were measures to mitigate the fallout of the climate crisis and conserving the environment to protect the children's future, counselling services in schools, to prevent children from any kind of discrimination in schools and other public spaces, to root out evils like child marriage, child labour, child trafficking, child begging, child abduction, sexual exploitation amongst others.

The demand letter has been submitted to all major political parties ahead of the upcoming assembly elections.

Here's to breathtaking transformation

| Iffath.Fathima
@timesgroup.com
TWEETS @BangaloreMIRROR

On March 18, the Shivajinagar Habba will be organised for the citizens to come and explore the Russell Market and Russell Plaza, which has been restored by the Bruhat Bengaluru Mahanagara Palike (BBMP) and Bengaluru Smart City Limited (BSCL).

The heritage old Russell Market, which had turned into a dump yard and hadn't been maintained for years, has now been completely developed. In order to celebrate the newly restored market, a Shivajinagar Habba has been organised.

The habba has been organised by some of the residents of Shivajinagar. The habba will be a carnival for kids, with various fun activities, and different stalls will be put up for citizens to come and enjoy.

For people who have visited the Russell Market in the last week, we're all in for a surprise to see the place well painted, well-lit, and with the addition of a clock tower.

MLA Rizwan Arshad, with his continuous efforts and by providing MLA funds with BBMP, restored the Russell Market. "After all the efforts, we have turned the filthiest stretch as an urban plaza. The place was once dumped with garbage and even many encroachments. Everything had to be cleared, and now it looks like a brand new spot. People are surprised to see the Shivajinagar Chowk so well done now. We have finished all the work and want the community to celebrate," Arshad told Bangalore Mirror.

The heritage old Russell Market has now been fully developed

Local residents will be invited to come and spend some leisure time at the grand habba. The carnival for the kids will start after 4 pm, featuring a magic show, musical show and even comedy show for the people. This will be the first time that Shivajinagar will have a grand festival, he added.

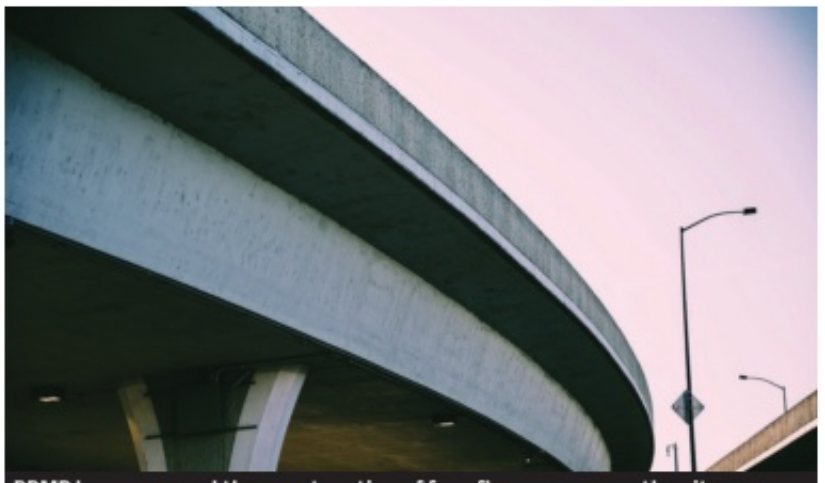
Meanwhile, the BSCL has spent Rs 5 crore to construct the Russell Plaza. The plaza is a seven-step graded structure, 4.5 metres high and upwards, with LED lights installed. A 200-year-old well, which was present near the market, was ignored for years, and people started to throw trash inside it. The BSCL has even rejuvenated the well completely, which is of historic importance.

Kodanda, Chief Engineer, BSCL said, "We only have one pending work at the plaza, which is to make a fountain plaza. We have been carrying out the work, and it will be finished within this week. The fountain will be on every evening for people to enjoy the place."

He added that there are plenty of seats for the public to come and relax at the Russell Plaza. They even have dedicated parking spaces for the visitors.

Many citizens won't let this fly

Proposed flyover near Mathikere on land offered to BBMP by IISc sparks controversy



BBMP has proposed the construction of four flyovers across the city

Bangalore Mirror Bureau
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The Bruhat Bengaluru Mahanagara Palike (BBMP), in its recent budget, has proposed the construction of four flyovers in various parts of the city. According to the budget document, these flyovers have been proposed to decongest vehicular traffic, improve traffic flow at junctions, and create signal-free traffic corridors.

One of the four flyovers proposed is on Gokshakespula Road near the Mathikere turn. The flyover will be constructed at a total cost of Rs 40 crore on land offered by the Indian Institute of Science (IISc).

However, this announcement appeared to have ruffled many feathers on the IISc campus. According to reliable sources, there is a clear dissent among faculty members across all departments.

"There are faculty members across departments that are unhappy with this announcement. A lot of trees inside the campus will have to be removed if this flyover is taken up. The green cover on the campus has already gone down substantially due to various development activities in the recent past. Many faculty members and students are concerned about this," said the source.

Sources from IISc also informed Bangalore Mirror that an internal meeting regarding the issue was held on the campus recently.

"There was a meeting of faculty members with the infrastructure development department of the campus on the issue. However, the infrastructure development department replied that the civic body has not even discussed the issue and the IISc team is not aware

> **There are faculty members across departments that are unhappy with this**
>
> – IISc source

of any such proposal," said a source from IISc.

When BM reached out to the officials from BBMP, they had a different story to narrate. They added that the project will not be taken up if IISc refuses to offer the land.

"We will not go ahead with the project if IISc does not offer us the land. The flyover is supposed to be a joint venture of IISc and BBMP and we have created a plan based on our discussion with the IISc team in the past. The institute has been consulting with us and the demand for a flyover came from their side," said the official.

It is not just the IISc community that is concerned about the project. A group of people from Citizen for Sankey, a collective of residents from Sadashivanagar, Malleshwaram, and Vyalikaval, have also written to IISc seeking clarification.

"We have sent an email to the IISc administration requesting a meeting with the director. We want to understand their reason behind giving land for the flyover. Looking at the past flyover projects in the city, there is enough data to prove that they cannot solve Bengaluru's traffic issues. We are also concerned about the rest of the three flyover projects proposed in the budget," said Preeti Sundarajan, member, Citizen for Sankey.

Alternate covid test

Saumyangi Yadav
c-saumyangi.yadav
@timesgroup.com
TWEETS @BangaloreMIRROR

An alternative method of testing to detect viruses like SARS-CoV-2 has been developed by researchers at the Indian Institute of Science (IISc), Bengaluru. The method can cut down the cost of testing and provide accurate results at room temperature settings, making it much more convenient than the standard RT-PCR Test.

The alternative testing method, called 'Quantitative endpoint Recombinase Polymerase Amplification' (qeRPA), was developed by Rahul Roy and Priyanka Valloy, IISc. The results from qeRPA were consistent with those from RT-PCR. It was also faster.

"RT-PCR or Q-PCR takes a lot of time because you need to amplify a very small sample of DNA. So, the more DNA you start with, the less time it would take. The problem with this is that for amplification, you need a machine called a thermal cycler which regulates the temperature of the DNA molecules," said Roy, Associate Professor, Chemical Engineering.

This has to be done very precisely and one has to continuously keep a watch.

For this process, a Q-PCR machine is needed. It can cost anywhere between Rs 10 lakh to 25 lakh and is also bulky, making it difficult to perform testing at any place.

> **So far, RT-PCR tests are largely being used for covid testing across the world**

The new technology can eliminate the need for a thermal cycler for amplification.

"Our method takes advantage of another reaction that is known for amplifying, but it was never used for quantification. For example, it couldn't have conveyed the severity of the infection, but only if it is positive or negative. No,we have converted it to a method that will give exactly the same data as a Q-PCR machine, but at 37 degrees and without a need to continuously look at it," he told Bangalore Mirror.

Bengaluru is starting up

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

Bengaluru's status as 'Startup hub' continues with a steady growth. The establishment of new startups has been increasing over the last three months. The latest data shows that 5,062 startups have come up in the city since 2020.

While 1,455 startups were set up and recognised by the Department for Promotion of Industry and Internal Trade (DPIIT) in 2020, another 1,681 startups opened shop in 2021 and 1,926 were started in 2022. Interestingly, Bengaluru rural is catching up with Bengaluru Urban fast as 358 startups have been recognised in the last three years. The third spot was bagged by Mysuru (193), followed by Dakshina Kannada (136), and Belagavi (108). Startups have been established in all the districts of the state with Yadgir having the lowest number (2).

Overall, there are 92,683 startups in India. A majority of these are in the IT sector

> **There are 92,683 startups in India; most are in the IT sector, followed by education**

(11,099), followed by 5,962 in the education sector, 4,523 in food and beverages, and 5,653 in agriculture. The lowest number (11) is in passenger experience. Union Minister of State for Commerce and Industry Som Parkash said, "Startups and the entire innovation ecosystem are the engines of growth for any country. We started the Startup India initiative on January 16, 2016 with an aim to build a stronger ecosystem for nurturing India's startup culture that would further drive our economic growth, support entrepreneurship, and enable large-scale employment opportunities."

Sustained government effort in this direction resulted in an increase in the number of recognised startups from 442 in 2016 to 92,683 in 2023 (as on 28th February 2023), he said. Startups have actively contributed to the government's flagship programs like Atal Mission for Rejuvenation and Urban Transformation (AMRUT), Smart Cities Mission, Swachh Bharat Mission, National Heritage City Development, and Augmentation Yojana (HRIDAY scheme) to improve urban infrastructure and service provision. "Furthermore, DPIIT has recognised startups which are spread across 56 diversified sectors. More than 15 per cent of these startups are in sectors such as agriculture, healthcare and life sciences, automotive, telecommunication and networking, and computer vision. Over 7,000 recognised startups are in sectors like construction, house-hold services, logistics, real estate and transportation, and storage contributing towards urban concerns," added Parkash.

Some startups are worried about their financial holdings in the recently collapsed Silicon Valley Bank.

Some of the concerns that were shared by the attendees included transfer of their US Dollar deposits to India and to US-based branches of Indian banks. Union Minister of State for Skill Development and Entrepreneurship and Electronics and IT Rajeev Chandrasekhar said, "The Indian banking system is the most stable and robust. You must explore it as part of your organisational framework. While startups have a natural incentive to use banks like Silicon Valley Bank, we must figure out a way to use the Indian banking system without changing your business model."

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PRINCIPAL

Promise of displacement

CONTINUED FROM PAGE 1

waiting to get the promised shelter for the last four years and also not sure whether we will get allotment of quarters in the near future," said a member of the community pleading anonymity.

All the families vacated old dwellings four years ago and have been residing in rented houses at faraway places as they could not afford to pay the rent around Kempambudhi Lake. "I have to commute from Srinagar daily. I am residing at a rented house in Srinagar as I could not afford to pay rent in this area," a woman from the community told BM.

The other shocking news is that the authorities provided temporary sheds for washerfolk to keep the clothes but there is no electricity connection made available at the sheds compelling them to make their own arrangements including candles or petromax lights.

"I have been continuing this work since I could not go to another job at this age. An elected representative visited this place a few months ago and promised electricity but till now he did not turn up. I am waiting to get my residential quarters," said a washer woman.

It is quite surprising to see only 12 among the 120 residential quarters are being made ready for inauguration. When this correspondent visited the residential quarters on Saturday, painting work was in progress at the first block that accommodates 12 residential quarters.

"My house number was 4 when I vacated. I do not know whether or not I will be allotted residential quarters in the first block," said a washer man.

When contacted, Karnataka Slum Development Board director Kranthi Raju said petty politics among the beneficiaries is one of the reasons for the delay in completing the construction work. "I visited the spot a few months ago when some of them complained about the delay in the construction work. After visiting the spot, I came to know that a few leaders of political parties have differences of opinion. I advised them to resolve their problem on their own in the interest of the poor community," said Raju.

Former MLA RV Devaraj claimed the decision to construct residential quarters was taken when he was the chairman of KSDB. "Now, they are delaying the construction work. Some of the residential quarters at other locations in Chickpet are yet to be handed over to the beneficiaries," said Devaraj.

Meanwhile, Chickpet MLA Uday B Garudachar said the completion of the construction of all the residential quarters is not an easy task. "There is a delay in releasing the funds for the construction of residential quarters by the KSDB. As of now, 12 units are ready for the beneficiaries," said Uday B Garudachar.

KSDB assistant executive engineer Kumar Eshwar said measures have been taken to speed up the construction work.

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I, VEDAVATHI, Residing at No. #30, Shivamsha Nilaya Best Properties, Green Grow Lyt, Rk Farm Gate, Lingapura Road, Near Koli Farm Kunmadiwala Village Byagadadenahalli Post, Anekal Taluk, Bengaluru Rural Karnataka - 562106 have changed my name to VEDANANDINI GURUMURTHI, vide affidavit dated 12/03/2023, sworn before notary M.K.DEVAKI, Bangalore.

I, Anusha Raghavan Jain, aged 21 yrs, D/o. Ms. Shobha Vijayaraghavan, residing at D-403, Laburnum Block, Brigade Millennium, J.P. Nagar 7th Phase, Bangalore, 560078, am hereby changing my name to Nila Raghavan for all future purposes as per affidavit IN-KA047248741779 47U.

I, Milind Shirolkar R/o B1 116 Amrutha Heights Nallurhalli Whitefield Bangalore-560066 have changed my minor child name from Adhirath to Adhirath shirolkar

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I, SUMA, Residing at No. #22 Sri Basaveshwara Nilaya, Best Properties, Green Grow Lyt, Rk Farm Gate, Lingapura Road Near Koli Farm, Kunmadiwala Village, Byagadadenahalli Post, Anekal Taluk, Bengaluru Rural, Karnataka - 562106 have changed my name to SUMA LOKAPPAYYA, vide affidavit dated 12/03/2023 sworn before notary M.K.DEVAKI, Bangalore.

I, Mohammed Javeed Altaf S/o. Altaf Pasha, R/o Flat No. 101, 1st Floor, Al-Manar Apt, No.26, Kandaswamy Mudaliar Road, Richards Town, Bengaluru-560005 has changed my minor Son's Name from Mohammed Afnan Javeed to Mohammed Afnan for all future purposes vide Affidavit Number IN-KA01537861021220V dated 03/03/2023 Sworn before Notary M.Rajendra.

I, GOPALAKRISHNAN Residing at No. 63, Flat No. 501 Munirajreddy Building Harappanahalli, Jigini Post Banneraghatta Road Bengaluru Rural, Karnataka 560105 have changed my name to GOPALAKRISHNAN RAMAMOORTHY, vide affidavit dated 12/03/2023 sworn before notary M.K.DEVAKI, Bangalore.

I, POORVI D/o. Vinayak Joshi, residing at B201, Pyramid Temple Bells Apartment, 16th Cross, Kenchenahalli, R.R Nagar, Bangalore-560098, Permanent address Renuka Krupa, No. 221, Bharati Nagar, Dharwad-580001 have changed my name to POORVI JOSHI, vide affidavit dated 15.03.2023 sworn before notary K.V Prema Kumari, Bangalore.

I, Sameena Taj, R/a,#176, Coronation Rd,New Town, Bangarpet-563114. I have changed my minor Daughter old name NASHRAH MOHAMMADI HURMATH to New Name NASHRAH MOHAMMADI, Vide affidavit dated 14/03/2023 Sworn before Notary: V.Rajashekhara, Bangalore

I, PUTTASWAMY, Residing at No. 655/1, Sampangi Reddy Building, Vinayaka Nagara Hebbagodi, Bengaluru Rural Karnataka-560099, have changed my name to PUTTASWAMY MARAIAH vide affidavit dated 12/03/2023 sworn before notary M.K. DEVAKI, Bangalore.

I Thunga W/O, Mr Somashekar R/o No 5,9th Cross Karamchand Layout Lingarajapuram Bangalore 560038 have changed my name to Rukmini for all purposes.

I, Saleha Fathima D/o Samiulla S #1099 Sanaulla Building Dasthagiri Rd Vijnapura Doorvaninagar Post B'lore-560016 have changed my name to Salaha Fathima for all purpose

I, S/o:hanamanthu R/o S/o Hanamanthu, Karangi, Karangi, Yadgir, Karnataka, 585315 have changed my minor son's name from Thayappa H to Tayappa for all purposes.

I, Sijin Moni Raj Lamal Raj Monikal w/o Sunder Arul Anand Fernandez R/o Little Heaven, # 25, 5th Cross, Rose Garden, Neelasandra, Bengaluru 560047 have changed my name to SIJIN MONIRAJ LAMAL RAJ MONICKA affidavit Dt.15/03/2023 notary Ganesh Gowda M.V, B'luru

I, BASAVAIAH, Residing at No.15, near Layout, Hennagara Post, Kachanaikanahalli Bangalore -560105, have Changed my name to BASAVAIAH CHIKKA-RANGAIAH, vide affidavit dated 12/03/2023, sworn before notary M.K.Devaki, Bangalore.

I, RAHATH JAN, W/o. Mohamed Shafiulla and residing at No.196/47, 8th main, 1st Block, Jayanagar East, Byrasandra, Bangalore 560011, Karnataka, India have changed my name to RAHAT JAN vide affidavit dated 14/03/2023 before notary B V Nagabhushana, Bangalore.

I Sandip S/o Madhukar Address: 223, 2nd Floor, C Block, TG Lakevista Singsandra Road, Begur, Bengaluru, Karnataka - 560068 have changed my name to Sandip Patil S/O Madhukar Patil for all future purposes.

I Khader Pasha S/O, Iqbal Pasha R/o 22/1 Ground Floor Chikka Banaswadi New Ombr Layout Kalyanagar Bengaluru Karnataka 560043, have changed my name to Rayyan Pasha for all purposes in future.

I, Kasthuri Bhanupriya Swaminath W/o Keshava B R/o #5/5 Doddanagamangala Rd Vinayakanagar 5th Cross , Electronic City B'lore-560100 have changed my name to Kasthuri Bhanu Priya.

I, Jhansirani Palukoori R/o No-10,1st cross,Patel Munivenkatappa layout, Uttarahalli, Bengaluru 560061 have changed my name to Jhansi Kundeti for all purposes

I, ARSHIYA BANU, R/a, No.3/4,7th MAIN,7th E Cross,Vinayakanagar, old guddadahalli Bangalore26. I, have changed my name to ARSHIYA SIDDIQUA, Vide affidavit dated 10/11/2022 Sworn before Notary: M.K. Devaki, Bangalore.

I, Shreyas S/o Nagaraja R/o #24 , 3rd A Main , 1st Cross , Dollars Colony Extn ,B G Road ,N S Palya B'lore-560076 have changed my name to Shreyas N

LOST & FOUND

I , Bhavya. G. D/o V Gunasekaran, R/at No. L 202, 1st cross, K Muniswamappa Road, Ramaswamy Palya, Maruthi Sevanagar, Bengaluru-560033. I have lost my Original Katha Patra dated 01-03-2023, in the name of Smt AR Kanthalakshmi, W/o R Ramesh Babu, in Site No.01, Sy No.26/1,Bidarahalli Village, Bidarahalli Hobli, Bangalore East Taluk, Bangalore and in this Katha Patra Approved by BDA in this SL NO.BDA/KA/U/01/14-15. And I gave a compliant in local police station in KR Puram on dated 13/03/2023 Lost of Compstation in KR Puram No.0499681/2023

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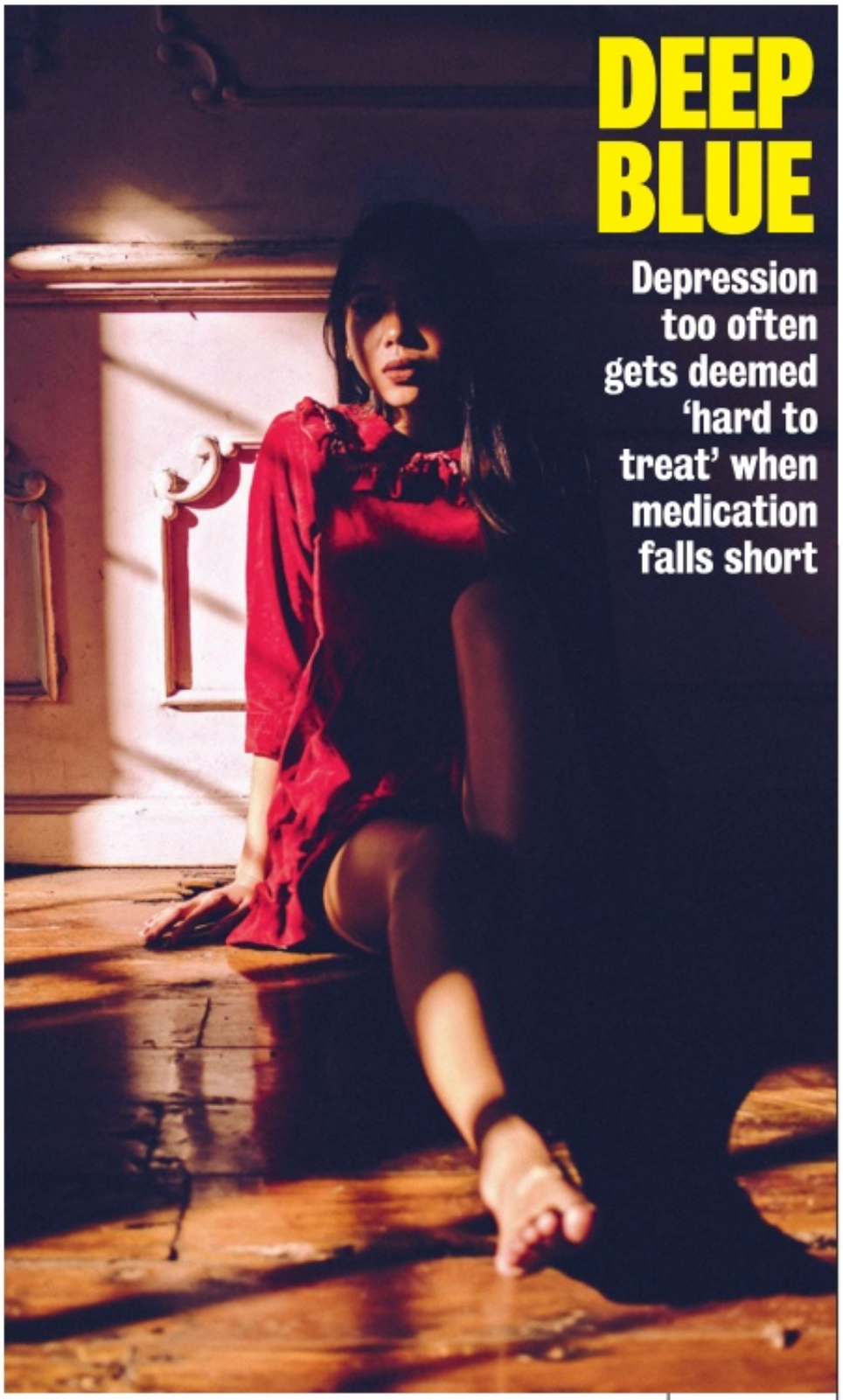


DEEP BLUE

Depression too often gets deemed 'hard to treat' when medication falls short

A plumber who shows up to fix a leaking toilet with a single tool is not likely to succeed. The same is true if a mental health professional offers only one approach for a complex problem like depression.

Sadly, the number of people struggling with depression increased dramatically at the height of the covid-19 pandemic. Stress – from school closures to job losses to the death of loved ones – made life more challenging and increased the risk of developing emotional difficulties. For some groups that have experienced discrimination, ongoing inequities made their mental health even worse.

There is a professional debate about whether depression is a social problem or a disease.

We are a health and biological psychologist who treats hospitalised patients with depression and anxiety and a doctoral student in social work studying how to improve the lives of socially isolated older adults.

As mental health professionals, we see the effects of the ongoing mental health crisis on a daily basis.

An overreliance on medication

More than 13% of US adults take an antidepressant medication for depression or for other reasons. Many people report feeling better on antidepressants, though there is debate about what causes the improvements.

Unfortunately, nearly 3 in 4 who take these drugs do not get complete relief from antidepressants. As we discussed in a recent paper, people who do not feel better on antidepressants are usually categorised as having a difficult-to-treat type of depression referred to, controversially, as "treatment-resistant depression."

We see patients who feel demoralised by the implied and untrue notion that their depression is "incurable" after only trying medication but not lower-risk treatments like psychotherapy and other effective alternatives. We help them find hope again.

Holistic concepts that promote flourishing and thriving, as well as whole-health initiatives and mind-body medicine focus on the entire person. These concepts have not yet been fully integrated into approaches to public mental health.

The quest to understand well-being

There are many hardworking, highly successful people who do not feel fulfilled with life from time to time. When this internal lack of fulfillment also includes other symptoms like a loss of hope and becomes severe enough to disrupt daily life for a period of two weeks or more, it may be medically diagnosed as depression.

In the 1960s, researchers proposed that depression was caused by a chemical imbalance of a neurotransmitter called serotonin in the brain. In 1988, the pharmaceutical company Eli Lilly introduced an antidepressant medication based on that idea.

However, after decades of experiments, researchers have failed to find evidence showing support for the chemical imbalance theory. A recent study highlights the growing realisation that antidepressant medications do not work in the simplistic way in which they have been advertised for decades.

This is important because antidepressants have side effects that can be serious.

Tools to heal depression

So what exactly does contribute to overall well-being and happiness to help stave off depression?

A large body of research shows that biological, psychological and social factors contribute to feeling satisfied in life or to developing depression. Because each individual is unique, there is not a one-size-fits-all formula for well-being.

Many people find relief from depression by talking to a psychotherapist. High-quality psychotherapy has been shown to be as effective as and longer-lasting than antidepressant medication when treating depression.

Therapy activates an individual's hope and natural resilience by creating a safe and emotionally warm relationship through which the therapist and client work together toward common goals. In addition to helping clients learn about their emotions, thoughts, relationships and patterns of behavior, a good therapist explores how to help their clients identify everyday activities that can improve wellness.

The things we do on a day-to-day basis, called lifestyle factors, function as building blocks for a life without depression. Physical movement, good nutrition, healthy sleep, healthy levels of stress and stress management, social connection, finding meaning and purpose and spiritual practices all play important roles in preventing and treating depression.

These are too often wrongly trivialised as less effective than professional treatment. In fact, though, a recent study showed that exercise is even more effective than medication or counseling. Another eye-opening study showed that 85% of people who received no treatment still recovered from depression within one year.

As mental health professionals, we find these results both humbling and inspiring. It means that the general public has solutions for depression that the mental health system has too often overlooked. This is consistent with the scientific study of healing, which shows that the body has a tremendous and overlooked ability to repair and heal itself under the right circumstances.

> **Physical movement, good nutrition, sleep, stress management, social connection, finding purpose and spiritual practices play a role in treating depression**

Hope comes in many forms

One research initiative has identified communities, called blue zones, where people tend to live long, healthy and satisfying lives. The lifestyles of people living in these areas, like Ikaria, Greece, and Okinawa, Japan, are characterised by social connection, consumption of mostly plant-based foods, a high sense of purpose, environments that support physical movement and intentional relaxation. Customs in different countries and environments show that these principles are visible across the globe in many different forms.

Many cultures extol the benefits of being in nature. Nordic countries use the word friluftsliv, which means "outdoor life," to describe the practice of getting outdoors to improve well-being. In Japan, some people practice shinrin-yoku, translated as forest bathing or opening up the senses to the natural world's scents, sights and sounds.

Staying true to what works

Clinicians, researchers and leaders have been trying to identify the best treatment for depression for at least two decades.

This is an unanswerable question. Some treatments work extremely well for certain people and cause terrible reactions for others. When standard research protocols try to capture these effects, it can look like there is no effect of the treatment because the positive effects average out with the negative effects.

To live one's best life, everyone needs safety, shelter, clothing, good nutrition, good sleep, physical movement, loving and kind social connection and a sense of meaning and purpose. There are many ways to help people get there.

(Elissa H Patterson and Jay Kayser, University of Michigan for The Conversation)

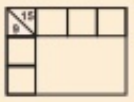
THE MOHAN BROTHERS
India's favourite Jugalbandi of
Sitar & Sarod
LIVE IN CONCERT
Lakshay Mohan
Sitar
Aayush Mohan
Sarod
Marvel of Jugalbandi
Season 2
Mumbai | Delhi | Bengaluru
"First Indians to perform at The Grammy Museum, Los Angeles" - Times of India
"Tremendous craftsmanship" - Times of India
"Unique Style of Playing" - Fox Television, USA
Chowdiah Memorial Hall, Bengaluru
17th March (Friday) 2023 7 pm
Tickets on bookmyshow & insider
Or Scan the QR Code

SOLVE IT IN A MINUTE

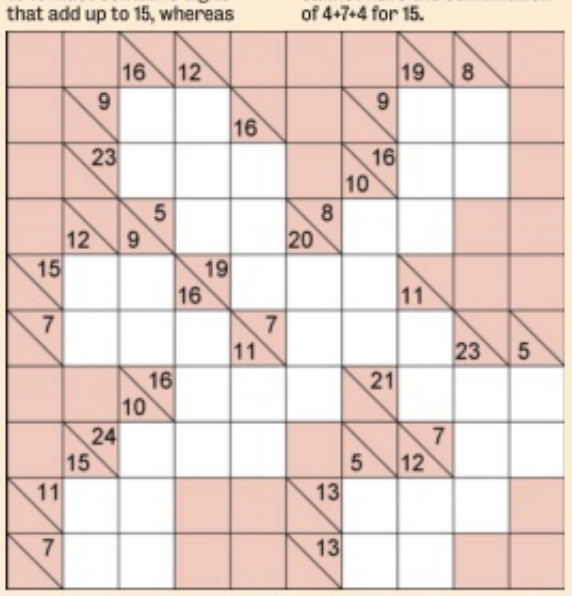
Put any arithmetic. sign in between, but don't put together 11,111.
11111 = 24

Kakuro

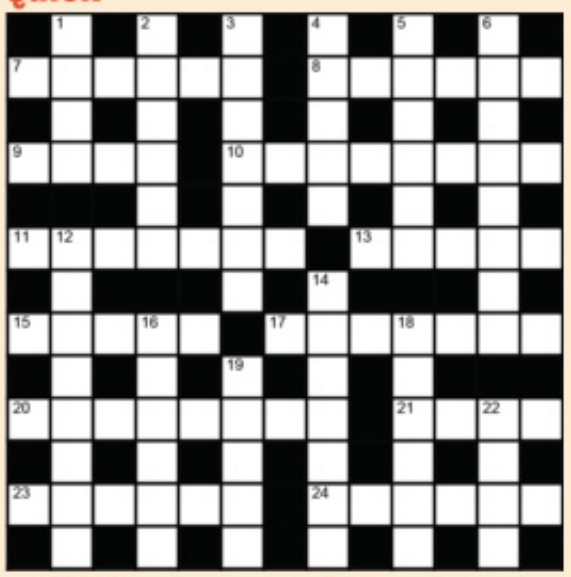
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Polka performer (6)
8 Flight of steps (6)
9 Low dam (4)
10 Musical note (8)
11 Bent on (4,3)
13 Musical compositions (5)
15 Lorry (5)
17 Farm vehicle (7)
20 Hatching a plot (8)
21 Church recess (4)
23 Humbly (6)
24 Seating area for coaches and subs (6)

DOWN

1 Amount deducted from weight (4)
2 Frightened (6)
3 Ferny plant (7)
4 Made __ __ : employed ? (3,2)
5 Cowboy of the pampas (6)
6 A technique of playing a musical chord–"gore a pig" anagram? (8)
12 Enhances (8)
14 Turn "a bridge" around to get a popular road (7)
16 Office record-keepers (6)
18 Makes a loud noise (6)
19 LPs (5)
22 Pass like a cloud (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS T

ODK FVOQUBOK OKLO ZR B UZABV LZYQKOP QL ODK JQCW ZR EZAVW ODBO QO VKBHKL OZ QOL YDQVWAKC.

Linemaro

You can touch me so I can tell my friends I've been touched by an angel

Mindchow

To be content with little is hard; to be content with much, impossible

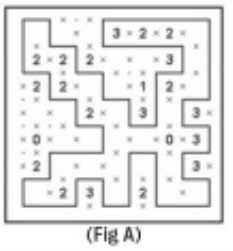
Joke of the day

If you stain your clothes while eating, don't panic. Get two bottles of white wine. Drink them quickly, and you won't give a damn

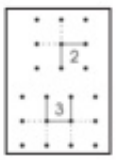
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

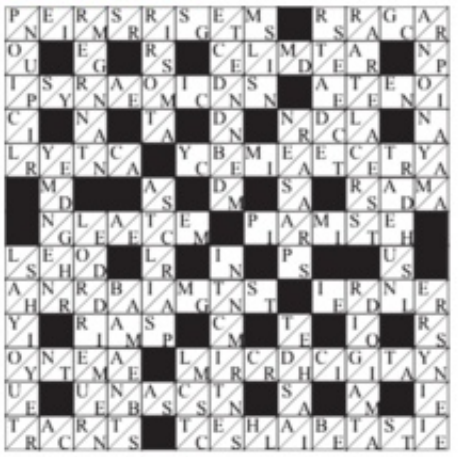


(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

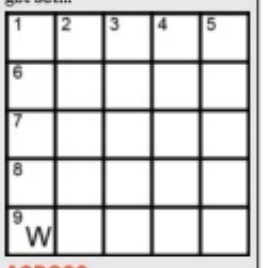
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

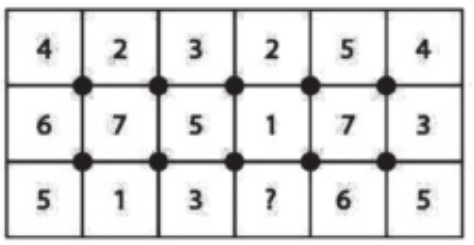
1 Grebe; 6 Ex Doe;
7 Trust; 8 A race;
9 Sawed

DOWN

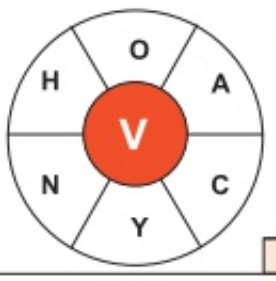
1 Wears; 2 Taxer;
3 Robed; 4 Deuce;
5 Gates

Mensapuzzle

What number should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

9				2			6	
4					1	5		7
			3			2		
	2				3	8		
8	3			4			2	6
		1	6				4	
		8			4			
1		7	2					5
	4			1				9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 2
1 3 4 6

Medium = 3
3 4 5 8

Hard = 29
3 7 8 4

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Tail is different. 2. Nose is smaller. 3. Ear is shorter. 4. Picture frame on table is larger. 5. Newspaper is longer. 6. Lampshade design is moved.

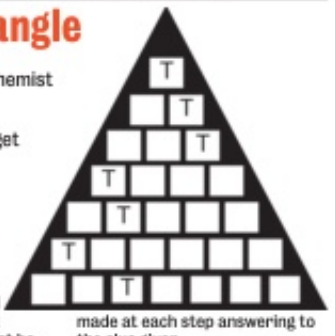
Riddler

In each sentence below, two words are incomplete. The two words end in the same three letters, so they look like they should rhyme, but they don't. See if you can figure out the missing letters in each sentence. Example: One symptom of bronchitis is a ro___ co___. (The two words are: rough & cough.)

1. When you g___ up, I will let you climb the ship's p___.
2. Do you want to be a ri___ swimmer or an ocean di___?
3. The strongest oarsman in the boat is a po___ ro___.
4. The cheap tickets didn't al___ them to go be___ deck.

Alpha triangle

1 20th letter
2 Astatine for the chemist
3 Took a load off
4 Baskers' rewards
5 Dry cleaner's target
6 Herbal drink
7 Delays



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

IN ORDER TO BE A SUCCESSFUL MASCOT, YOU NEED AN UNDERSTANDING OF CHOREOGRAPHY, ATHLETIC ABILITY, AND STRONG NON-VERBAL COMMUNICATION SKILLS!
I DON'T HAVE ANY OF THOSE.
THEN YOU CAN ONLY GET BETTER FROM HERE!

Crankshaft

AND SO THE RULING ON THE FIELD STANDS... BUT WAIT...
THERE'S ANOTHER RED FLAG ON THE FIELD!
APPARENTLY SOMEONE IN THE STANDS HAS THROWN A FLAG!

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may feel spiritual. You may help needy people around you. You may also plan to donate some money to charity or a spiritual place. Your good karma may help you get success in difficult projects. You may feel some divine power around you, which may help you in unpredictable situations. You may be attracted to the occult. Students are likely to enjoy studying in-depth.

Taurus Apr 21 – May 20
Today you may feel dull. You may be a victim of hidden fear, which can make you scared. You are not in a situation to trust anyone. It is advised to do meditation and chant some prayers, which may help you to come out of this hypothetical situation. With the help of blessings, around late evening, you may come out of this messy situation.

Gemini May 21 – Jun 21
Today you may be happy. You may spread happiness around you. You may feel harmony in your domestic life. You may enjoy some romantic moments with your spouse. Your family may support you in terms of taking important decisions on the professional front. You can expect some new ventures or partnerships in business or work.

Cancer Jun 22 – July 23
Today the moon will make you happy. You may use your patience at every stage. Your performance may be good at work. You may get some incentives in terms of rewards. Health-related issues of family members will be resolved now. Jobseekers are likely to get suitable work in their domain. Lovebirds may enjoy dates.

Leo Jul 24 – Aug 23
Today you may have mixed situations around you. It is advised to not expect more from anyone around as it may leave you disappointed. Today you may also be in a state of self-exploration and analysis, which may allow you to filter yourself. After the filtration process, you may feel confident and be able to prepare to accept challenges.

Virgo Aug 24 – Sep 23
Today you may plan for a change in place. It is advised to postpone any decision related to migration. It is also advised to avoid investment in business. By late evening, situations may be under control. With the help of good advice from one of your elders, you may control a messy situation.

Libra Sep 24 – Oct 22
Today you may expect some short business trips. You may also expect to get some rewards for success in your domain. Your respect around you will be increased. You may hear some good news from siblings. Jobseekers who are seeking management jobs may find success. Singles are likely to get engaged.

Scorpio Oct 23 – Nov 22
Today is a good day. You are blessed by Jupiter. Your wisdom may help you come out of difficult situations. You may also help needy people. You may give your opinion to your family or friends, which may increase your prestige among them. You may have some differences of opinions with your spouse, which may affect your domestic life.

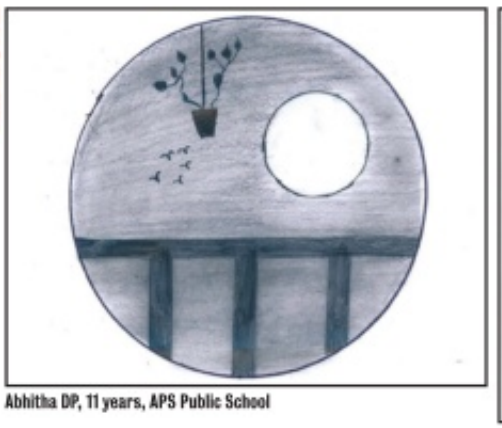
Sagittarius Nov 23 – Dec 22
Today you may be a victim of mood swings. You may feel dull. Your health is not ok. It affects your day-to-day routine. You are advised to avoid rash driving and adventure tours. Today you may also spend money on worthless things, which may affect your financial health.

Capricorn Dec 23 – Jan 20
Today you may face detachment from your responsibilities. You also spend more on purchasing worthless stuff, which may increase negativity in the house or office. You are advised to keep an eye on your opponents and rivals, otherwise you may be a victim of conspiracy. It is advised to read documents carefully before putting your signature on them.

Aquarius Jan 21 – Feb 19
Today blessing from elders can make you happy. Your investments may give you profits. Losses are converted into profits now. Your savings may boost your bank balance. You may plan to invest in your kids' future. You may also enjoy some delicious food at home. Your problems related to throat, teeth, ear, or nose may be resolved now.

Pisces Feb 20 – Mar 20
Today you are blessed by elders. Your patience becomes very good. Your focus towards your work may be very good. Your parent's health is good now. You are likely to spend your time with elders. You may also meet an influential person who may help you on the professional front. You could enjoy romantic moments, which may improve harmony in your domestic life.

KIDZONE



Abhitha DP, 11 years, APS Public School

Kaveri Sriram, 8 years, Vallistus International School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M (1+1+1+1)^1 (1+1+1+1)^1

BULL'S EYE ANCHOVY, havoc, navy, nova

RIDDLER
1. grow prow,
2. river diver,
3. power rower,
4. allow below

STRIKE OUT

P	E	R	S	I	S	T	S	R	A	G	A	N		
U	E											O		
P	Y	R	A	M	I	D	S		A	T	N	O		
I			A		D		N	C	L			N		
L	E	N	A		C	E	M	E	T	E	R	Y		
D		S		D		A		S		A	M			
G	L	A	C	E		I	R	I	S	H				
L	E	O		R	I		S			L				
T	R	U	C	K		T	R	A	C	T	O	R		
	I		L		Y		I							
	N			B										
D	E	A	D	S	E	T		S	O	N	G	S		
		E		K		F		H		G				
W	E	I	R		C	R	O	T	C	H	E	T		
	R		A		E		U		P					
D	A	N	C	E	R		S	T	A	I	R	S		
P	Y	R	A	M	I	D	S		A	T	N	O		
T	A	R	S		C	E	L	I	B	A	T	E		

QUICK

T	S			B	U		G		A					
				A										

FAST FIVE

R	E	B	E	G
E	X	O	D	E
S	T	R	U	T
A	R	E	C	A
W	A	D	E	S

RIDDLER
1. grow prow,
2. river diver,
3. power rower,
4. allow below

SUDOKU

9	5	3	4	2	7	1	6	8
4	8	2	9	6	1	5	3	7
7	1	6	3	5	8	2	9	4
6	2	4	7	9	3	8	5	1
8	3	9	1	4	5	7	2	6
5	7	1	6	8	2	9	4	3
3	9	8	5	7	4	6	1	2
1	6	7	2	3	9	4	8	5
2	4	5	8	1	6	3	7	9

MENSA PUZZLE
2: the numbers surrounding each dot are always in ascending/descending order, eg 2467 or 7642.

QUOTE UNCODE
The ultimate test of a moral society is the kind of world that it leaves to its children.

GO FIGURE
Easy
4 + 5 + 1 − 6 = 2
Medium
5 + 4 − 8 × 3 = 3
Hard
4 + 8 × 3 − 7 = 29

ALPHA TRIANGLE
T, AT, SAT, TANS, STAIN, TISANE, Detains.

LOOP

KAKURO

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 # On a vacation It's 'Africa Time' for Kareena Kapoor Khan and her family. Since Tuesday, the actor has been treating her fans with glimpses from her vacation diary with her family

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Lucky star

Dharmanna Kadur is elated at being being selected to play the lead role in Kannada movie Rajayoga. Dharmanna made his debut as a character artiste in Rama Rama Re that was released in October 2016. Later, he played supporting characters in a number of films. Now, he makes debut as a hero. With this, Dharmanna has joined the list of comedians who went on to play lead roles heroes in Kannada movies. Sharan, Sadhu

Kokila, Komal, Mithra, Nagasekhar, Dwarakish began their acting career as comedians or supporting actors and later became heroes.

"I am grateful to director Lingaraju Uchchangidurga for selecting me as the lead. This movie has sentiments, emotion, romance and comedy. The movie is based on traditions, customs and families in rural areas. All the actors have an opportunity to showcase their talent," said Dharmanna.

Rajayoga is Lingaraju's first film as a director.

"I watched the Kannada movie Rama Rama Re and liked the performance of Dharmanna in it. I selected him to play the lead role in this movie because of his acting skills. The movie revolves around the relationships in rural areas," said Lingaraju.

For a cause

Good news for music lovers. Well-known playback singer Chinmayi Sripada will be performing at the Suvarna Sanje being held at Chowdiah Memorial Hall on Saturday. The proceeds of the music programme would be donated for the treatment of veteran Kannada actor Shylashri who is suffering from cancer.

Chinmayi is a popular playback singer and has sung many Kannada movie songs. Before making debut as a playback

singer, Chinmayi used to participate in TV programmes. She participated in Saptha Swarangal organised by Sun TV. Her sterling performance as a singer made music director AR Rahman give her an opportunity to sing a song – Oru Deivam Thantha Poove - for Tamil movie Kannathil Muthamittal that was released in 2002. With the success of that song, there was no looking back for her.

She also sang songs for Kannada movies such as Hani Hani (song – Beda Beda), Mast Majaa Maadi (Chori Chori), Gun (Thaaja Thaaja Kanasugalu), Vikrant Rona (Hey Fakira), Dia (Soul of Dia).

She is expected to sing some Kannada songs at the music programme.

A star is born

Find out who PC thinks is all set to be B-Town's next superstar

Priyanka Chopra has been out and about promoting her upcoming series 'Citadel'. The actress, who recently made her presence felt at SXSW 2023, made an interesting pick when asked which current actress she thought deserved to be the next Bollywood superstar.

While at first, Priyanka replied, "Alia Bhatt," she corrected herself saying, that the actress was already a 'superstar'. PeeCee then went on to name Alaya F and revealed why she thought the actress fit the bill.

"I really like Alaya Furniturewala, she is Pooja Bedi's daughter," the actress said and revealed, "I told her when I met her that I think she is just cool and has a unique perspective. She is not trying to be like everyone else. I think we'll find out in a few years."

During the interaction, she also revealed which Bollywood movie from her filmography was her favourite. To this, Chopra replied, "Barfi" and said, "As a movie, it's just so poignant and sweet, and the music is amazing. It just warms your heart, and that's the kind of cinema that I love. It moves you. And I don't really watch my movies myself, but that was one I have watched at least 2 or 3 times."

The actress is gearing up to make her Bollywood return with the film 'Jee Le Zaraa' — ETimes

Value of a dietician

While Taapsee Pannu is quite particular about the kind of scripts she chooses, the actress is also very disciplined when it comes to her fitness. Taapsee is quite fit and many of her roles have also required her to take it more seriously. The actress recently revealed in an interview the amount she spends on her dietician because of which her father scolds her.

Taapsee said in an interview with The LallanTop that her father will scold her for spending so much on a dietician because despite earning and saving money in his entire life, he never spends on himself. When probed how much money does the actress spend on her dietician, Taapsee thought for a few seconds and said, "one lakh per month"

The actress said that it's better to spend on your health and dietician than spend for an hospital later. Taapsee explained that her diet changes with every film

and her body type changes every 4-5 years. Hence, she needs professional help and a lot of detail goes into creating a diet plan. It's more of a necessity and what other investment can there be for an actor, she says. Taapsee will be seen next in Rajkumar Hirani's 'Dunki' with Shah Rukh Khan. She was last seen in 'Blurr'. — ETimes

Mom to be

Lindsay Lohan will soon experience 'Labour Pains' (pun intended) as the Hollywood star has revealed she is expecting her first baby with her husband, after tying the knot with the financial advisor last year.

The actress, 36, took to social media this evening to share the happy news with her fans, who quickly flooded the mum-to-be with messages of support and rejoiced in her happy news, reports Mirror.co.uk.

The 'Parent Trap' actress broke the news by posting a snap of a white babygrow on her Instagram account, with the words 'coming soon' written across the item of clothing. "We are blessed and excited," a delighted Lindsay captioned the sweet shot to her 12.4 million followers.

Nancy Myers, who wrote Lindsay's 1998 hit film, The Parent Trap, was one of the first celebrities to congratulate Lindsay on Instagram, writing: "Lindsay!!!!!! I'm so excited for you."

Donatella Versace left a trio of star emojis as a comment, while Paris Hilton's mum Kathy wrote: "I am so happy for you."

"CONGRATULATIONS QUEENN," one fan gushed underneath the star's online reveal. — IANS